



THE OLD GUARD NEWS

Volume 77, Number 2 February 2006

February Is Presidents Day

President's Day, February 20, replaces two holidays in the United States. . . Lincoln's Birthday (12th) and Washington's Birthday (22nd).

I just finished reading a fine book, "*Washington the Indispensable Man*" by James Thomas Flexner. In it, Flexner notes that at the end of the Revolutionary War there was a group of people who wanted to make Washington our King. Washington, of course, refused to listen to such talk since he believed that we just got rid of a King and he wanted a new kind of country where the people would

be in charge. He wanted to prove ". . . to all the world that republican institutions were, in their purity, viable."

Washington was the unanimous choice for President. He could have been President as long as he chose to serve, but he felt that two terms was enough for any man. And that was the accepted standard until FDR. Only then, was it written into our Constitution.

During his administration, Washington was opposed to political parties and had no intention of being identified with either the Republicans or the Federalists (the two political

parties of his day).

Throughout his life, Washington always put his country first. A very unselfish thing for him to do when you compare him with the political leaders of today.

Wouldn't it be refreshing to hear the leaders of both parties putting our country first instead of their own selfish political interests?

We'll probably never see another George Washington. But it was sure nice to have him first to show us how it should be done.

Oh, and for our Canadian friends . . . Happy Valentine's Day.



George Washington
Our First President

Inside this issue:

Health Tips	2
Old Age a Gift	2
From the President	3
From the Chapters	4
Keeping In Touch	5
ISSC Helping Chinese Y	6
Travel Tips	7

NAFYR Needs You

If you have already sent your annual contribution to NAFYR for 2006,

Thank You.

If you have not yet written your check for this new year, please do it now.

Our national organization lives on contributions. Unlike our chapters, we have no annual dues. Our national budget depends on your generosity.

And remember, \$12 of your contribution covers your subscription to receive this newsletter.

You should have received a letter from **Dottie Eley** in December with an enrollment card. If your letter and card got lost in all the Christmas mail, it is not too late. Just write a check to NAFYR and drop it in the mail to:

Dottie Eley
NAFYR
909 4th Avenue
Seattle, WA 98104

And, while you are at it, include a note and tell us what you and your spouse have been up to. Dottie is nice enough to forward all of that kind of correspondence to us at The Old Guard News to pass on to your friends.

Special points of interest:

- **Health Tips** . . . A new monthly feature by Audrey and Len Covello
- **Old Age a Gift** . . . An essay on the benefits of aging
- **Travel Tips** . . . A new feature for members who like to travel.
- **ISSC Helping Chinese YMCA** . . . A report with photos on our volunteer work with a school in China.

Health Tips . . . By Audrey and Len Covello

What is the difference between a cold and the flu?



**Len and Audrey Covello
Health Tips**

A Cold Looks Like This:

- Slow onset
- Body aches
- Rarely accompanied by fever and headache
- Localized symptoms such as sore throat, sinus congestion, listlessness, runny nose and sneezing
- Mild fatigue and weakness
- Mild to moderate chest discomfort, usu-

ally with a hacking cough

-Sore or burning throat

A Flu Looks Like This:

- Swift and severe onset
- Flushed, hot, moist skin
- Usually accompanied by high (102°-104°) fever, headache and sore eyes
- General symptoms like chills, depression and body aches
- Extreme fatigue,

sometimes lasting 2-3 weeks

-Acute chest discomfort, with severe hacking cough

-Sore throat occasionally

Now you know the difference . . .

* * *

Audrey and Len Covello have agreed to contribute their expertise to OGN on a monthly basis. The Covellos divide their time between Prescott, AZ in winter and Veazie, ME in the summer.
- Editor

Old Age a Gift . . . Submitted by Mike Andrassy

Old age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometimes despair over my body ... the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long. I would never trade my amazing friends, my wonderful life, my loving family for less grey hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant-garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging. Whose business is it if I choose to read or play on

the computer until 4 a.m., and sleep until noon? I will dance with myself to those wonderful tunes of the 60's, and if I at the same time, wish to weep over a lost love... I will. I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old. I know I am sometimes forgetful. But there again, some of life is just as well forgotten . and I eventually remember the important things. Sure, over the years, my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect. I am so blessed to have lived long enough to have my hair turn grey, and to have my youthful

laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. I can say "no", and mean it. I can say "yes", and mean it. As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong. So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. but will continue to rejoice in what was.

As
I've
aged,
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more
kind
to
myself

From the President . . .

Looks like six more weeks of winter, if you follow the prognosticator of Gobbler's Knob, "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary." Phil's ancestors began the tradition in 1887, according to a home page maintained by Jason Patton.

Phil, however, is not the only groundhog working the tradition: "Wiarion Willie" hangs out in Wiarion, Ontario; "General Beauregard Lee" lives in Atlanta, Georgia; "Orphie," perhaps the one legitimate challenger to "Phil," is from Quarryville, Pa. The list goes on, but one more worth mentioning is "Buckeye Chuck" (not related to "Two-Buck Chuck"), from Ohio.

What does this have to do with NAFYR - absolutely nothing, but after all, these are the darkest days of winter.

You Can Contribute . . .

We hear from our members that they read the sections, "We Remember" and "Keeping in Touch". And, one of the most popular series last year was the World War II and members experiences in the Armed Forces.

In order to keep these features going, it requires input from YOU.

Individual contributions from NAFYR members constitute the primary source of revenue for our organization, and with that in mind, we thank you for your response to the appeal for contributions which support the work of NAFYR. If you haven't sent your check in, it's not too late. Mail it to Dottie Eley, Treasurer...YMCA, 909 Fourth Avenue, Seattle, WA 98104-1194.

Work continues in both the Membership Task Force and the Recognitions Task Force. Expect an interim report in early Spring.

I am in the early stages of discussions with representatives from the YMCA Retirement Fund and the YMCA of the USA regarding a "Retired YMCA Staff Mentoring Program" to assist active YMCA staff members from YMCAs affected by hurricanes Katrina and Rita. The purpose of the program is to assist hurricane affected YMCA CEOs by providing overall man-

agement assistance; temporary relief to allow staff to "take a break" from their day-to-day work, and; assistance in implementing a major YMCA initiative."

In brief, a need would be identified by a local YMCA and passed on to the Y-USA Consultant. The Consultant would communicate that need to the Program Coordinator who will contact NAFYR to identify a NAFYR member with the particular skills to meet a specific need.

I believe this is a great opportunity for NAFYR members to make a difference.

More to follow...

Live the spirit of 17:21...

Hank

close enough so that we can identify the faces.
3. Try to get an action shot instead of something that looks posed.

With the popularity of digital cameras today, everyone can be a photographer. And, the photos are easy to send attached to an email.



**Hank Bagelmann
NAFYR President**

"I believe this is a great opportunity for NAFYR members to make a difference."



From the Chapters



What do YOU think should be the name of our monthly newsletter?

D. Williard Lyon Chapter At our December meeting Fred Hoshiyama (YMCA Hall of Fame '89) was awarded "Lyon Star" for a man serving the most years as an active participant in YMCA work, over 60 years. The other "Lyon Star" for a woman was awarded to Mary Lou Mesplou for over 30 years service. Charlie Gustason made the presentations. Quin Gustason led the members in singing traditional Christmas carols and songs prior to adjourning.

Central Atlantic Area Chapter

reports that membership for 2006 has reached 136 (49 couples and 38 singles). They are still waiting to hear from 12 members from '05. When these 12 renew it will be an all time high for their chapter.

C. B. Willis Chapter planned a Mystery Train Ride in Fort Myers in January. February is still a mystery, but March will now be in West Palm.

Copeland Budge Chapter

Plans for the May 18th, 2006 one-day Toronto to Ottawa rail excursion are in place with only some minor

details requiring a little more tweaking. Both staff at the War Museum and with the Tulip Festival sites have been exceptionally helpful.

The trip organizer, Jack Bernhardt Ottawa Cluster V-P, broke his ankle over the holidays but it hasn't slowed him down.

Hoosier-Buell Chapter met at Potawatomi Inn at Pokagon State Park, January 18.

Their tradition is to meet at Clay's Restaurant for dinner and banana cream and pecan pie.

Name Change Update . . .

In the January issue of OGN we announced a contest to change the name of our publication. This was one of the recommendations that had been suggested when a panel met at the reunion last fall.

As this February edition is being put to bed, the response to the naming contest has been three to one in favor of keeping the name The Old Guard News.

Let us know your feelings. If you think the name should be changed, send your suggestion. If you believe we should retain the current name let your feelings be know.

We'll extend the deadline for your responses another thirty days to March 1.

Happiness Is . . .

"Happiness is nothing more than good health and a bad memory."
- Albert Schweitzer

"Happiness is perfume you cannot pour on others without getting a few drops on yourself."
- Ralph Waldo Emerson

"Happiness is a Swedish sunset — it is there for all but most of us look the

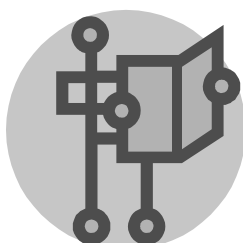
other way and lose it."
- Mark Twain

"Happiness is your dentist telling you it won't hurt and then having him catch his hand in the drill."
- Johnny Carson

"Happiness is a way station between too little and too much."
- Channing Pollock

"The fact is always obvious much too late, but the most singular difference between happiness and joy is that happiness is a solid and joy is a liquid."
- J. D. Salinger

"Happiness is when what you think, what you say, and what you do are in harmony."
- Mohandas K. Gandhi



Name our newsletter

We Remember . . .

Erika Leimbach, 1/3/06,
1155 Northwood Loop-
Prescott, AZ 86303-5324

W. Robert Rankin, 90,
9/15/05, Pilgrim Place,
Claremont, CA.

Arlene E. K. Studer,
6/15/05, wife of J. Lee
Studer, 24621 Julie Ave.,
Laguna Hills, CA 92653

Keeping In Touch . . .

Jack Johnson, Jr. was surprised and honored by the Daily Family YMCA of Bixby, OK when they named their new Wellness Center for him. Johnson retired from the Y in '87.

Denis Adams cruised Alaska last year.

Erwin "Pinky" Tews has moved into Martin Health Care, 2025 E. Lincoln, Bloomington IL 61701. He's in fairly good health and mentally active. He will celebrate his 100th birthday on July 16.

Joseph and Maureen White of Hobe Sound, FL write "Wilma was almost kind—lost a few gutters . . . A few roof leaks. A lot kinder than Jeanne!"

Maynard Blackwood of the Senior Stars Band reports that the band recorded a CD of the program performed at the Knox County Nursing Home. Although he doesn't want to brag, he says, "The band really sounds good!"

Lou Cumings left his ministry as Pastor of 1st Christian Church of Pt. Laveca, TX after 26 years due to Ellie's health.

Bea Graham writes a monthly column "Graham Crackers" for her church's newsletter.

Dave Haines has completed the second book in a series, "More Mill Place Names" published by the Northeast Chapter, Society for the Preservation of Old Mills.

Paul Hershey is filling in for 5 months as Sr. Pastor, Saw Mill Baptist Church, Powell, OH. He is also active in the Christian Har-ness Horsemen's Association.

Ron Kinnamon recently attended the Clinton Global Initiative in New York representing the Interfaith Youth Core. Ron also attended the White House Conference on Helping America's Youth. He was also in New Orleans 9th Ward to help with the clean-up.

Gary and Kathy Meier spent a hectic week in Biloxi doing disaster relief.

Jim Holstine writes, "This has been a busy year with FEMA. I have been limiting myself to going out only 3 times a year and for no more than 30 days."

We Welcome . . .

. . .the following member into the fellowship of YMCA retirees, linked together by our common heritage and our service to humanity.

Linda Ament, 2449 Wexford Drive, Troy, MI 48084

Bob and Bee Rule were nominated for a statewide award for their work in race relations. (Unfortunately, another nominee won.) Bee works with a group of African-American mothers and Bob is on his church's Commission on Racial Healing.

Bob Shelton worked on the Fitzgibbon Hospital Feasibility Study last month in Marshall, MO.

Jim Gilpin is campaign director for Animal Ark Capital Campaign in Reno, NV.

Harold Cook is serving as a consultant to the YMCA of Greater Miami.

Carl Gaites had a great time at his 50th High School Reunion in New Jersey. Carl is now chairman of the Sarasota County Public Transportation Board. He and Alice are also taking dancing lessons.

Len Covello went in for a hip replacement January 6. The old hip lasted 27 years!

Andy Andrews (spouse of Peg) fell January 6 and broke his hip.

Let
us
know
what you
have been
doing.
Send your
successes
and
your
adventures
to
the OGN Editor
at
wbmclm@aol.com

"Don't waste today regretting yesterday instead of making a memory for tomorrow."

- Laura Palmer

ISSC Helping Chinese YMCAs in Many Ways . . .

There are about 100 children in the school in grades one through six.



In 1995 the YMCA helped to build a new school for the students of Luoying Township, Ping Gu District. This is in the Beijing Municipality and is about a 3 hour drive from downtown Beijing. At the time, this particular village was considered one of the poorest in the surrounding areas of Beijing.

Now, ten years later, the Beijing YMCA is still providing educational services to the children. Most recently they have helped with school repairs, donated desks, chairs, computers and a small van to be used as a school bus. The Y also sends volunteers and members to teach English, offer extra-curricular activities and facilitates exchange visits with children in Beijing. There are about 100 children in the school in grades one through six. Parents must pay for children to leave the village and stay elsewhere if they are to continue their education.

Parents in the village are farmers. There is a large pear

orchard which produces a cash crop for them. There is a reservoir which has dried up and the village depends on a deep well for its water supply.

The **Jacobys** visited the school when they were in Beijing two years ago and were able to visit it again this year. This year they were invited to the home of an individual student for a noon time meal. The mother and grandmother prepared a sumptuous meal using two built-in woks under which was a coal fire to heat not only the woks but the beds in the adjoining rooms.

That is the only available heat. They do have running

water from a barrel supplied by the well, and there is electricity. The toilet is just a hole in the ground in a tiny room near the animal pens.

The school, even with the help from the Y is not a very attractive place. Walls in the classroom are unpainted, ceiling coverings are falling down. There are very small blackboards and no other visual teaching aids. Included are pictures of the existing playground with a broken slide and a deplorable classroom. The only other play equipment is a set of two old tire swings.

The Wiedensall and Grand Canyon Chapters together are sending a check to **Ray** and **Micki Jacoby** to provide a new playground including a slide, 2 swings, and a jungle gym. If any other NAFYR Chapters are interested in taking on similar projects at either the ISSC Beijing or ChengDu, China sites please contact **Peg Andrews**, ISSC Chairperson at pandrews1@cox.net or 14936 Alpaca Drive, Sun City West, AZ 85375. Peg is still looking for volunteers to carry on this work.



Knowing that our members like to travel, we asked Bruce Iacobelli, a member of our Kiwanis Club who is a travel agent to contribute travel tips from time to time . . . Editor

In 2005 we celebrated the 200th anniversary of the exploratory expedition of Lewis and Clark. Their travels took them up the Missouri River, across the Rocky Mountains and down the Columbia River to the Pacific Ocean. Eager to find the fabled Northwest Passage, President Jefferson persuaded Congress to fund a “Corps of Discovery” expedition and chose these two Army Captains, Meriwether Lewis and William Clark to find a water-level route to the Pacific.

Having left St Louis in May of 1804 with one riverboat and three large canoes they paddled and pulled their way upstream to where the big Missouri River became several small streams being fed by melting snows of the Rocky

Mountains. After wintering in North Dakota the courageous team of 33 men a large Newfoundland dog and an Indian woman named Sacagawea continued the expedition with the help of Indian guides and horses. They finally crossed the dangerous passes of the Rockies to find a river flowing westward. This river now known as Columbia led them to the “great sea” or Pacific Ocean. In December of 1805, as winter closed in the party constructed a small fort to survive the cold and possible enemies. By the time they returned to St. Louis via what we now call Montana they had each given two years of their lives. They had explored and mapped the American northwest, and made contact with many Indian tribes that called this territory home.

Now, some 200 years later you can visit the Columbia and Snake Rivers on a powerful stern-wheeler

named Queen of the West. Sailing Saturdays from Portland, Oregon, this comfortable riverboat has weekly journeys during the spring, summer and fall. The boat makes stops daily and three large busses follow along ready to take passengers on scheduled sightseeing. Areas that are passed while moving upriver at night are seen during daylight hours on the return so no views are missed. The first transit of the Bonneville Dam, one of the first big construction projects of the Depression era allows for a port of call at Hood River for a visit to the Columbia Gorge Discovery Center and afternoon tours to 620-foot Multnomah Falls created by the melting snows of Mt. Hood, and the dam where glass-viewing areas allow you to watch migrating salmon work their way up the fish ladders in season. In three days of sailing upriver the Queen of the West is raised by eight locks. In Lewiston passengers are transported on smaller speedboats into fabulous Hells Canyon. On

the return back down the Columbia passengers are bussed to the Maryhill Museum of Art and Stonehenge Memorial. During the leisure time onboard passengers will enjoy the passing scenery from the Calliope Grill, complimentary wine tasting and presentations by the ship’s historian. As the Queen of the West returns to Portland, a final port call is made in the small town of Astoria for a visit to Fort Clatsop where Lewis & Clark spent the winter, the Astoria Column and the Columbia River Maritime Museum. That evening say goodbye to crew and friends at the Captain’s Gala Farewell Dinner.

For more information or a brochure about the 2006 American West Steamboat Company riverboat tours you can contact Bruce Iacobelli, at Travel Destinations, 4320 N. Miller Rd., Scottsdale, AZ 85251; call 1-800-443-4644; or send an e-mail to AoTravel@traveldestinations inc.com.

Emergency Assistance Fund

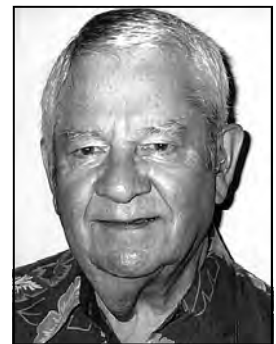
Emergency Assistance Fund chairman, **Dale E. Ventres**, recently announced “Great Success” in the 2005 EAF Campaign and noted special appreciation to all NAFYR Chapter EAF Representatives and to **John P. Kuhfahl**, who has yearly undertaken an extensive private EAF campaign with close professional friends of many years.

Ventres said, “These folks, with chapter officers’ backing, have secured a Record Year in retiree giving, for which we all should be extremely grateful”, as more grants will be necessary during 2006.”

Statistics were included in his report showing:

2003	579 contributors for \$43,956
2004	507 contributors for \$40, 573
2005	683 contributors for \$64,785

In concluding his report Ventres reiterated his goals for 2006 are: Increased Numbers of Contributors and a plea for “Significant Pledges” payable three or four times per year, instead of the usual *out of pocket gifts* for EAF.



Dale E. Ventres
EAF Chair

**North American Fellowship of YMCA
Retirees**



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GOLDEN TREASURES — FEBRUARY

Married 63 Years

Kay and Ted Ohashi
Berkeley, CA Feb. 24

Married 61 Years

Eleanor and Tom Collier,
Lakewood, NJ, Feb. 18

Married 60 Years

Len and Shirley Hollenbeck,
Feb. 23

Married 59 Years

Dorothy and Bill Foster,
Kettering, OH, Feb. 8

Dallas and Marvin Kimbrough,
Augustine, FL, Feb. 9

Olive and Jim Anderson,
Winona, MN, Feb. 14

Married 54 Years

Marguerite and Bill Sidner,
Marietta, GA, Feb. 23

Married 50 Years

Connie and Ben Haines,
Florence, KY, Feb. 11

List Your Golden Treasure

Clark Koechel is keeper of the records for Golden Treasures. Send your listing to him by 10th of the prior month at:

N7576 Sandy Beach Road
Fon du Lac, WI 54935
or email: ick2@charter.net

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